

## ***ADULTS: CHOOSE ONE OR BOTH SESSIONS***

### ***FALL SHAPE UP    New for 2006!***

**September 18<sup>th</sup> to November 20<sup>th</sup>**

**Start your fall by getting back to the basics for food and fitness.**

Shape Up Missouri is a team-based program designed to help Missourians make positive changes so that they can move toward healthier lifestyles.

All teams will work toward improved activity and nutrition with the goal of 100% participation.

- **Activity:** teams will be challenged to do 30 minutes\* of a moderate level of activity for five days each week.
- **Nutrition:** teams will be challenged to choose one of two goals: 3-A-Day (3 servings of dairy each day) OR 5-A-Day (5 servings of fruits and vegetables each day) for five days each week.

Reporting will be done every three weeks: **Oct. 9<sup>th</sup>, Oct. 30<sup>th</sup> and Nov. 20<sup>th</sup>.**

Team captains will report the number of team members that met the daily challenge every three weeks. (The goal for each person would be a minimum of 15 days out of 21.)

**Incentives/prizes** will be given as part of a random draw every reporting period from those teams who have logged in their data on or before the reporting date.

\*To meet the 2005 Dietary Guidelines for Americans set by the Department of Health and Human Services and Agriculture, SUM will ask teams to calculate activity minutes instead of miles, which have been recorded in years past. Click here to learn more about the [2005 Dietary Guidelines for Americans](#).

### ***SPRING SHAPE UP***

Once you have the basics down, move up to the next level where you can work on reaching your weight loss goals and/or increasing your physical activity beyond the minimum requirements!

**January 22<sup>nd</sup> to April 16<sup>th</sup>**

Teams can compete in one **OR** both divisions.

- **Weight loss:** team members will anonymously give their captain an initial weight and then report changes from the starting weight every three weeks. Team rankings will be calculated by the percentage of weight lost over the 12 week program, based on the number of team members.
- **Activity: *New for 2007\****, team members will count their minutes of physical activity. Team rankings will be calculated by the percentage of **minutes** logged over the program, based on the number of team members.

\*Instead of converting to miles, **all activity will be recorded as minutes for 2007.**

Reporting will be done every three weeks: **Feb. 12<sup>th</sup>, Mar. 5<sup>th</sup>, Mar. 26<sup>th</sup>, Apr. 16<sup>th</sup>.**

Team captains will report the initial weight of all team members and then the pounds lost during each reporting period. For the activity challenge, captains will report the total actual minutes of all team members for each reporting period. **Incentives/prizes** will be given as part of a random draw every reporting period from those teams who have logged in their data on or before the reporting date.

.....

***What is a team?*** Any group of 2-10 people who are optimistic about making healthy lifestyle changes. (Families can participate! We recommend that those under 18 years only compete in the spring Shape Up activity challenge.)

***How can I be involved?***

1. Get together a team of 2-10 people.
2. Choose a team captain and team name.
3. Team captain **MUST** have an e-mail address.
4. Register online or complete the entry form in this brochure.
5. Entry fee is **ONLY** \$15 per participant for each session, \$30 for both (shipping is free)!

***How will Shape Up Missouri help me?***

- Every participant will receive a **Free training T-shirt at the beginning of the program**
- Every participant with an e-mail address will receive weekly nutrition and fitness tips as well as weekly healthy living challenges
- The SUM web site will automatically update leader boards for communities, businesses and other groups as well as state wide leaders, as they are submitted
- A "how to" handbook is available under Resources

***What are the roles and rewards of being a team captain?***

- Motivational leader
- Reporter of team's progress every three weeks
- Monthly incentives and prizes
- Handbook online
- The knowledge that you inspired your team to success!

***Get your Company or Community Involved Today!***

- Contact Shape Up Missouri to have your business, company or organization listed on our web site.
- Businesses, Corporations, Colleges, Universities, City Governments and Communities can all be involved.
- Shape Up Missouri is a perfect fit for any corporate wellness or community health awareness program.

***Possible Partners:***

1. Public Health Departments
2. Local Hospitals
3. University Extension Offices
4. Businesses/Employers
5. Health Clubs
6. Chamber of Commerce

### ***Company and Community Involvement!***

- Plan monthly activities for your participants: activity nights, healthy pot-luck lunches, nutrition workshops, weigh in/weigh out events...
- Give local rewards to participants: gift certificates, pedometers, water bottles...
- Shape Up Missouri will help you by displaying a company/community leader board.

### ***How do entries work?***

For fastest entry, enter online at [www.smsg.org](http://www.smsg.org) by paying with a credit card on our secured site.

You may also mail your entry by paying with a check or money order.

### ***Still have question?***

- See the FAQ and Resources Link
- Contact: Gretchen Carlisle                      Shape Up Missouri Coordinator  
1105 Carrie Francke Dr.  
Columbia, MO 65211  
573/882-7326

***Important:*** Any significant change in level of physical activity should be discussed with your physician. The importance of this discussion increases with age, weight and medical history.